Regional Integrated Life Span Diabetes Program for Women

Ron Gimbel [a], Ph.D., Caitlin Kickham [a], DNP, APRN, FNP-C, Yolanda Green [a], MSN, RN, Brooke Brittain [a], MS, RD, LD, CHES, CLC, Sandra Jones [a], MSW, Logan McFall [a], MS, Dianna Colvin [a], MS, Echo McAlhany [b], MHA, Chris Wilson [b], DPT, Jeremy Shields [a], MS.

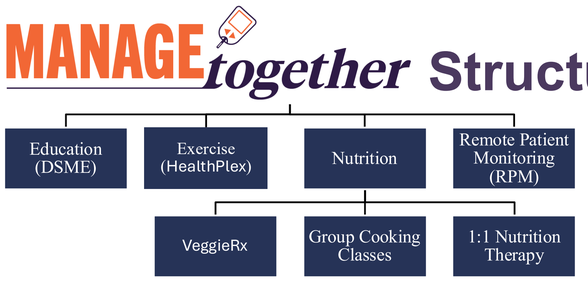
[a] *Clemson Rural Health*
[b] *MUSC Health*

South Carolina FOUNDATION
An independent licensee of the Blue Cross Blue Shield Association.
diabetesfreeSC
CLEMSON RURAL HEALTH
MUSC Health Medical University of South Carolina

Introduction

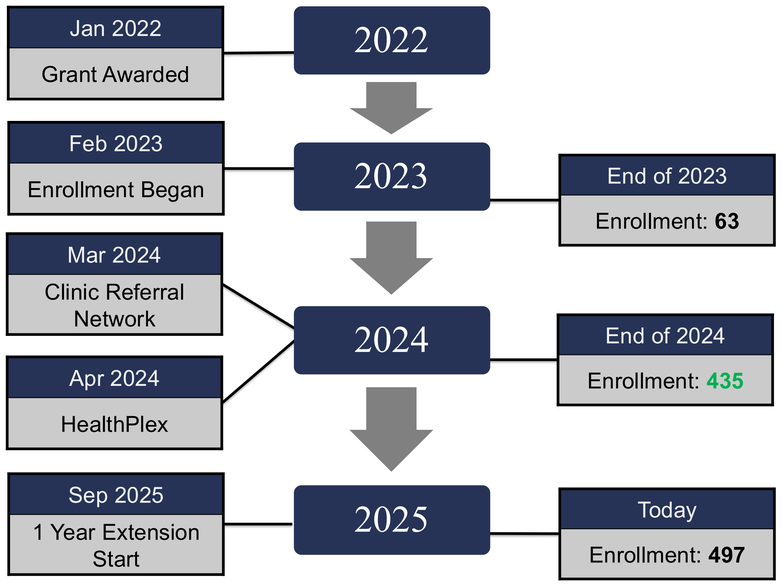
The goal for the ManageTogether program is to improve overall health of women living with or at risk for diabetes in low income or medically underserved communities. This comprehensive program delivers an intervention tailored to a patient's particular life stage, with the intention of complementing the patient's current primary care plan.

MANAGEtogether Structure



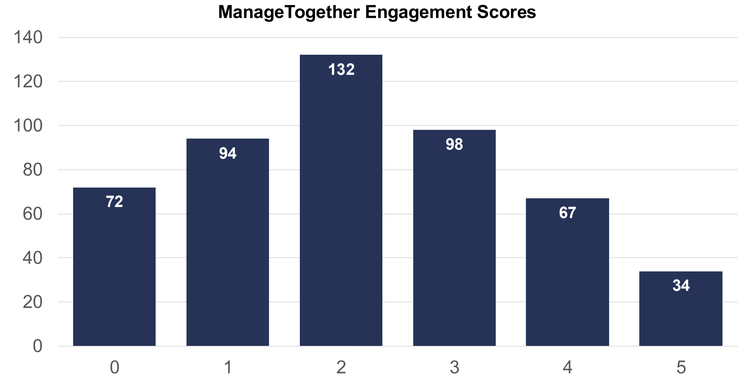
The program is structured as an integrated system that provides diabetes self-management education (DSME), lifestyle support, and continuous clinical monitoring, with each participant free to choose the elements that fit their goals and needs. Core program options include: (1) nutrition support through VeggieRx produce boxes, (2) hands-on cooking classes, (3) individualized nutrition therapy, (4) physical activity training through HealthPlex, and (5) RPM for ongoing continuity of care.

Timeline



Impact & Reach

With respect to the project timeline, ManageTogether enrollment began in 2023, and the introduction of our Clinic Referral Network in 2024 reshaped the trajectory of the entire program. Working together with our local MUSC partners, the combined efforts of clinic providers, community health workers, and program staff significantly expanded our reach in the region. In total, ManageTogether reached **6,779+** individuals through community outreach events, student internships, referrals, and direct participant enrollment. Understanding how these participants engaged provides deeper insight and adds important context for interpreting all health outcomes.



The engagement distribution (*above*) shows that most participants used two or more program components, reflecting individualized pathways through the curriculum. Women blended services in ways that matched their needs and schedules, rather than following a single route. The program data (*below*) illustrates this pattern, with strong participation across VeggieRx, cooking classes, nutrition therapy, HealthPlex, and RPM.

ManageTogether "Big 5"	Deliverables
Veggie Rx	3,552 Boxes n = 393
Cooking Classes	22 Class Dates n = 127
Nutrition Therapy	650 Sessions n = 247
HealthPlex	2,250+ Gym Sessions n = 150
RPM	580 Sessions n = 178

Outcomes

Participant Demographics:

Total Participants		497
Age Range	18-40 40-65 65+	18% 47% 34%
Diabetes Status	Type 1 – Type 2 – At Risk –	1% 69% 30%
Baseline BMI	Normal – Overweight – Class 1 Obesity – Class 2 Obesity – Class 3 Obesity –	5.8% 17.5% 21.9 % 21.6% 31.8%

Many ManageTogether participants entered the program with complex health needs. The average participant was 58 years old, with most living with type 2 diabetes or at risk, and 35 percent had uncontrolled A1C levels at baseline. Despite these challenges, 70 percent improved their A1C by program end.

Across all metrics, the clearest gains appeared after 12 months, showing that meaningful lifestyle change takes time. Participants started from very different health profiles and readiness levels, yet the overall pattern points toward steady, sustained improvement over the course of the year.

Lab Value	Baseline → 6 M	Baseline → 12 M
Weight	57%	65%
BMI	52%	60%
Systolic BP	59%	63%
Diastolic BP	48%	41%
Triglycerides	44%	47%
LDL	52%	52%
HDL	33%	53%
Total Cholesterol	44%	59%
A1C	54%	70%

Engagement played an important role in shaping these outcomes. Early analysis of Remote Patient Monitoring showed that participants who uploaded data more often tended to see stronger improvements. The same pattern emerged when combining VeggieRx participation with regular HealthPlex involvement.

Acknowledgements

Funded by the BlueCross BlueShield of South Carolina Foundation to support the goals of Diabetes Free SC.